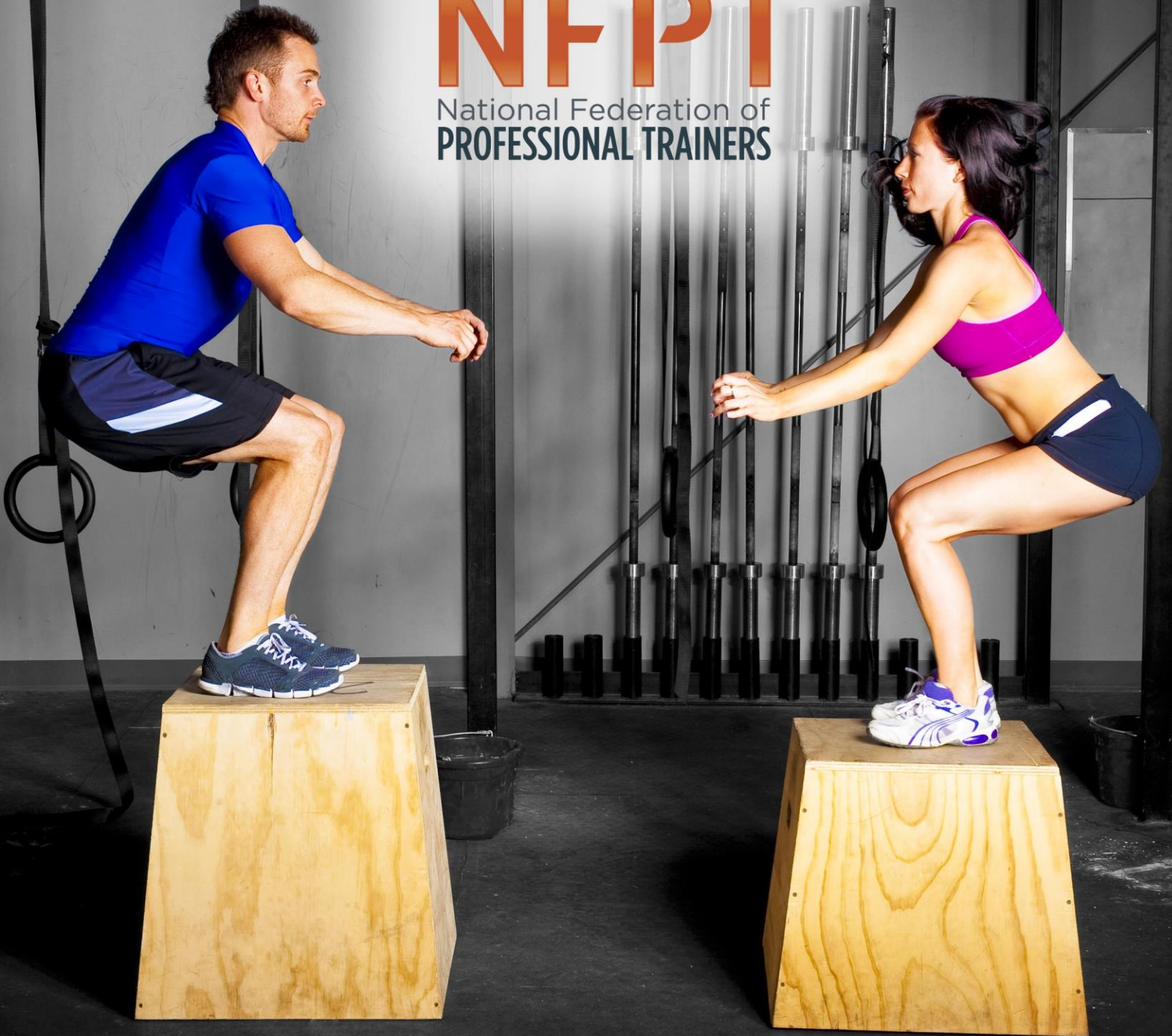




**NFPT**  
National Federation of  
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# **Introduction to Plyometrics**



# INTRODUCTION TO PLYOMETRICS

*A Course for the Safe and Effective Application of Plyometric  
Exercise and Jump Training*

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*Power may be likened to a skilled act in which prime movers must be fully activated, synergists appropriately activated and antagonists suitably inhibited.*

— Digby Sale, Ph.D., “USATF Level II Sprints Manual”

Thank you for choosing the NFPT *Introduction to Plyometrics* course for your advanced learning of this specific training method.

## Some Background

*Origin:* Eastern Europe

*Plyo- (prefix):* More

*Metric- (suffix):* Measure

*Plyometric- (Latin):* Measurable Increases

The interest increased for this form of training during the 1970's. Soviet Block athletes began to produce powerful and superior athletes in track and field, gymnastics and weightlifting. Other countries became interested in this training method after seeing the success of these athletes. The term *Plyometrics* was coined in 1975 by Fred Witt (Track and Field Coach). Plyometrics then became known to coaches and athletes as exercises or drills. This was aimed to link both strength and speed together to produce power in real life situations. In the 1980's, coaches began using Plyometric exercises in sports like volleyball, football and weightlifting.

The term Plyometric is erroneously called 'Jump Training'. It is important to remember that not all plyos are based on jumps, and not all jumps are Plyometric. The problem that developed was that most American coaches didn't understand the science and application behind this method; they thought more was better. The result was unrealistic expectations turning into over training and higher risk of injuries.